

Health, Beauty And The Home

About Strawberries

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

EVEN though the little boys play marbles and little girls jump rope, probably the housekeeper does not believe Spring has come until she hears the hucksters calling "Straw-berries!" To the one who handles the household food supply the advent of the luscious red strawberry means definitely the opening of the warm weather season.

Probably no warm weather fruit is more universally liked, grown in larger quantities or more adaptable in its culinary uses. The name strawberry is said to have come from the old custom of placing straw under the plants to encourage their growth. Another theory is that "straw" comes from the Anglo-Saxon "strae," from which we get our word "stray," since the strawberry's characteristic is its long, straying vines.

The strawberry is blessed with acids and salts quite similar to the citric salts of lemon or the malic acid of the apple. Sometimes these salts do not agree with certain persons. It may be well to know then that the berries will be more digestible if a grain or two of cayenne pepper is added and, strangely enough, this will not detract from the flavor.

Berries that are perfectly ripe should certainly be eaten in that form and not cooked or made into concoctions. Also it is a dietetic crime to use milk on acid berries, since the acid of the berry makes the milk curdle. Cream is permissible because it is largely fat, but the true fruit lover will prefer the ripe berries "au naturel."

One of the chief values of all berries is the seed or coarse portion which acts as an irritant to the alimentary canal. This irritation increases the canal's activity, and that is why berries are so valuable in the daily diet, especially at the morning meal.

Lately there has been a fad to express the juice of many fruits, notably oranges, and to remove the peel of apples, pears, etc. This is a mistake because the chief value of fruit is not only the salts contained in the juice, but the coarse, fibrous portions of pulp, which act as nature's cleanser of the alimentary tract. These portions are not digestible, it is true, but that is exactly what we wish. We should eat a deal more fibrous, coarse and so-called indigestible material in order to stimulate the activity of the bowels.

All fruits lose the beneficial effects of their acids and salts by cooking. It is well to remember this and not insist on using fruit in cooked forms. Many times a syrup may be made separately and the fruits dropped in it, thus keeping the fruit without actual cooking. Of course, any surplus fruit beyond daily needs should be canned or preserved. The strawberry is the first fruit on which the housekeeper can practice her Summer canning.

It is often complained that canned strawberries rise to the top of the jar and look unsightly. However, this objection may be overcome if they are canned in the following manner:

Pick over strawberries, hull, wash and place in a deep baking dish. To each quart of berries add one-quarter cup of water and one-half pound of sugar, sprinkling the sugar well over the berries. Cover the dish and set in a moderate oven until the berries are soft. When cooked remove and set in a cool place for twelve hours. Then pack in clean jars, adjust jar caps and sterilize ten minutes in wash-boiler or other hot water bath canning outfit.

It will be helpful for the housekeeper to remember that four different grades of thicknesses of syrup are to be used in canning. They are as follows:

General Recipe—Place three quarts of sugar and two quarts of water in a kettle, stir until sugar is dissolved and bring to the boiling point.

For Thin Syrup—Boil one minute. This syrup is used for sweet cherries, pears or other fruits where very little sugar is needed.

Medium Thin Syrup—Boil five minutes. This is used for raspberries, strawberries, blueberries, etc.

Medium Thick Syrup—Boil ten minutes. This is used for acid fruits, like gooseberries, plums, currants, etc.

Thick Syrup—Boil water and sugar until it will drop from the side of the spoon in drops. This should be used only for preserves. The strawberry is a fruit which also lends itself well to delicious and attractive salads. Probably no fruit salad is more delectable than one composed of sliced bananas, sections of pineapple and whole strawberries. This should be served very cold, on lettuce leaves, with a real oil of mayonnaise into which is beaten just before serving

stiffly whipped cream. For a Spring luncheon or reception it is most appropriate.

Sometimes in our large cities, at least, we feel that the genuine old-fashioned strawberry shortcake is no more. Certainly when one looks at a bakery window and sees on a glass stand the dried-out sponge cake with the unhappy berries which have long ago shivered because of their use in being thus offered to an indifferent public, one sighs for the shortcake that used to be.

No shortcake is worthy of the name unless it is made with a biscuit dough served hot and fortified from the oven and covered with the crushed ripe berries. For



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Photograph Posed by MISS ARLINE CHASE at CAMPBELL STUDIO

those who still believe in the worth of taste and flavor the following recipe is given:

To each pint of flour allow one tablespoon of butter or other shortening, one dessert spoon of sugar, one heaping teaspoon of baking powder and a half teaspoon of salt. Roll thin, spread with butter fold back once and bake in a quick oven. To open break the cake apart; never cut or use a knife, as this makes it soggy.

Cover at once with the crushed sweetened berries, making two layers if desired, and placing ripe, cold berries on top. This needs no

artificial whipped cream, for the berries and cake alone are sufficiently delicious. No amount of whipped cream can make up for real fruit flavor and delicacy on the shortbread itself.

Use shortcake and other cooked forms of strawberries occasionally. But preferably use the fresh berries as a breakfast dish, and also as a lunch and supper dish, eaten "out of hand" as frequently as your purse allows during the berry season. They will tone up your liver, help you get rid of that Spring "tired feeling," and act as the least expensive tonic you can buy.

The Perfect Mouth

By Lina Cavalieri,

The Most Famous Living Beauty.

AN ideally perfect mouth is one that is neither too large nor too small. It should have a graceful, firm outline and the teeth should be in the very best of condition. The fresh color of the lips and the purity of the breath are also important because they are mute witnesses of the state of your general health.

Never bite the lips in the hope of enhancing their color, because this merely roughens them and makes them chap more easily. Another bad habit that I afraid some of you have, is the constant wetting of the lips with the tongue. Even if this silly little custom were not taboed by an unwritten social law, it is enough to know that the excessive moisture will prove injurious to the texture of the lips.

Pale anemic women with poor circulation are the ones most likely to be afflicted with rough-looking, cracked and chapped lips. The simplest lotion that can be used to remedy this condition is made up of equal parts of glycerine and rosewater. If something more effective is needed, then try this soothing poultice: Ocoos-butter, 13 grams; white wax, 3 grams; essence of bergamot, 1/4 gram; essence of white geranium, 1/4 gram.

Should there be any structural defects of the mouth or the lower jaw, it is best to consult a surgeon because in many cases only a slight operation is needed to correct some malformation that would otherwise render a girl unhappy for life.

Much, however, depends upon the right expression. After the natural defects have been overcome, there may still be some unlovely tricks of distortion which it is necessary to abandon. Consult your mirror frequently and watch yourself to see if you have contracted any unbecoming facial mannerisms. Be your own sternest critic and study your various expressions with the same critical eye that you would turn upon the selection of a new hat.

Remember that there is a wide range of possibilities in a smile. Don't cultivate that meaningless, but purely superficial smile which some women wear in the mistaken impression that they are showing their innate affability. This is not a mark of an agreeable disposition,

but a useless habit that induces those deep lines at the corners of the mouth. A real smile is an irresistible flashing forth of the soul and heart and is, therefore, a revelation of an actual inward state.

No charm that a woman has can atone for a breath that has upon it the slightest suggestion of a taint of any kind. For this reason, if no other, you must look carefully to your diet. The purity of the breath is easily impaired from over-eating, from indigestion due to eating the wrong kind of food and from decayed teeth.

Camphorated chalk is cleansing for the teeth and tonic for the gums, but I do not advise using it too often. Once a day and that at night, is often enough to use tooth powder, because a too constant use of powders tends to wear away the surface enamel of the teeth. Powders are also objectionable in another respect. If strong they cause the lips to pucker and dry unbecomingly.

Instead of using powder so often, rinse the mouth frequently with strong salt water, especially after a meal, and brush the teeth with the brush dipped into salt water, or with water into which a pinch of bicarbonate of soda has been dissolved. When the teeth are in fairly good condition, this simple powder is sufficient: precipitated chalk, 5 ounces; powdered gum root, 8 ounces; camphor gum, 1 ounce.

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Breakfast. Fruit. Creamed Dried Beef. Corn Muffins. Coffee. Luncheon. Steamed Rice. Strawberry Sauce. Tea. Dinner. Corned Beef with Vegetables. Fruit Salad. Sweet Salad. Dressing. Potato Puffs. Coffee.	Breakfast. Fruit. Codfish Balls. Small Potatoes. Radishes. Toast. Coffee. Luncheon. Corned Beef Hash. Apple Sauce. Tea. Dinner. Cock-a-Leekie Soup. Fruit Salad. Cream Salad with Cheese Balls. Crisp Crackers. Coffee.	Breakfast. Stewed Prunes. Cereal. Coffee. Luncheon. Green Pea Soup. Graham Muffins. Fruit Gelatine. Nut Oatmeal Cookies. Dinner. Noodle Soup. Lamb Stew. Potato Dumplings. Buttered Beans. Marmalade. Roly-Poly. Coffee.	Breakfast. Sliced Bananas. Cereal. Toasted Graham Muffins. Coffee. Luncheon. Sliced Cold Lamb. Mint Jelly Salad. Tea. Dinner. Veal Cutlets. Horseradish Sauce. Buttered Macaroni. Stewed Tomatoes. Radishes. Strawberry Cup. Coffee.	Breakfast. Fruit. Cream Sauce Omelet. Baking Powder Biscuits. Coffee. Luncheon. Clam Chowder. Brown Bread. Coffee. Dinner. Tomato Soup. Fresh Codfish. New Potatoes. Boiled Beef Tops. Cornstarch Blanc Mange.	Breakfast. Apple Sauce. French Toast. Coffee. Luncheon. Codfish au Gratin. Tomato Jelly Salad. Hot Boston Brown Bread. Dinner. Cannelloni of Beef. Buttered Macaroni. Boiled Onions. Upside Down Apple Pies with Hard Sauce. Coffee.	Breakfast. Fresh Fruit. Poached Eggs on Toast. Coffee. Dinner. Roast Veal. Baked Bananas. Spinach. Caramel Custard. Coffee. Supper. Sliced Roast Veal. Jellied Philadelphia Relish. Stewed Fruit. Tea.

Tested Biscuit Recipes

Peanut Flour and Cornmeal Biscuits.

MIX and sift 1 cup cornmeal, 1 cup peanut flour, 1 cup sifted flour, 2 tablespoons salt and 4 teaspoons baking powder. Work in 4 tablespoons shortening with two forks and add liquid enough to make a soft dough. (It will require a little more than 1 cup of liquid.) Turn out on lightly floured board, pat and roll about 1/2 inch in thickness, cut and bake in a rather quick oven.

Pinwheel Biscuits.

PREPARE one recipe of plain baking powder biscuit dough. Roll out on floured board to 1/4 inch thick. Brush over with melted butter and sprinkle with 1-3 cup seeded raisins mixed with 2 tablespoons citron, having fruit finely chopped. 2 or 3 tablespoons sugar and 1-3 teaspoon cinnamon. Roll like a jelly roll and with a sharp knife cut off pieces 1/4 inch wide. Place on baking sheet and bake in a rather hot oven. These may be served plain or with a lemon sauce.

Baking Powder Biscuits.

MIX and sift 2 cups flour with 4 teaspoons baking powder and 1 teaspoon salt. With 2 forks or tips of fingers work in 4 tablespoons fat. Then add 1/2 cup milk or water and mix well. A little more or a little less liquid may be used, according to the texture of the flour. The dough should be soft, but not of the consistency of a batter. Turn out on a floured board and pat gently, tossing about to keep from sticking, if necessary. Do not knead the dough. Roll out as soon as it is firm enough not to

stick. Shape and bake in a quick oven.

By Mary Lee Swann,
Principal, Scudder School of
Household Arts.



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